



PERINATAL NEWS

DEPARTMENT OF ALCOHOL & DRUG PROGRAMS

Volume 1, Issue 1

Fetal Alcohol Syndrome

Debra Parr, SSA

Office of Perinatal Substance Abuse, ADP

Fetal Alcohol Syndrome (FAS) is recognized as the leading known cause of mental retardation. FAS is caused by women drinking alcohol during pregnancy. Each year in the United States, approximately 5,000 babies are born with FAS. Between 35,000 and 50,000 are born with related disorders. However, most cases go undiagnosed or misdiagnosed. There is no cure for FAS, but FAS and related conditions are 100% preventable.

Although statistics vary from study to study, it can be estimated that approximately half of women of childbearing age are drinking alcohol regularly at the time that they become pregnant. Most of them will quit drinking when they discover they are pregnant, but many of them will continue to drink.

Children born to women who drink will be at high risk for mental retardation or learning disabilities, attention deficit hyperactivity disorder (ADHD), school drop-out, juvenile delinquency, alcohol or drug addiction, trouble

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Welcome to the Office of Perinatal Substance Abuse

Mardel Rodriguez, Branch Chief

Office of Perinatal Substance Abuse, ADP

Dear Readers:

Welcome to the first Department of Alcohol and Drug (ADP) Programs Perinatal newsletter. It is our hope you will find the newsletter interesting and informative. The plan is to post articles and research documents written by our own staff dedicated to working with Perinatal providers and individuals seeking services. It is our desire to feature stimulating articles designed to inform readers and to elicit feedback. In the future, you will see articles on how to use the services provided by various technical assistance contractors provided by ADP and how they can help you improve your program. We will give you information on how the Department collaborates with other state and county agencies in the arenas of domestic violence, child welfare, and women in the court systems. We want to use the newsletter to connect with you, engage in discussion, and highlight programs that represent a rich array of treatment and collaborative services.

We invite you to send your requests for information to the Newsletter so we may address topics of concern. You may send letters and questions to:

Department of Alcohol and Drug Programs
Perinatal Newsletter
1700 K Street
Sacramento CA, 95814

We are proud to launch this newsletter and encourage readers to submit letters and suggestions! The newsletter will be available online at www.adp.ca.gov.

Sincerely,

Mardel Rodriguez

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with the law, incarceration, homelessness, and poverty. Nearly 100% will be diagnosed with mental illness during their lifetimes. Studies suggest that the awareness that comes with early identification is the single most effective way to prevent these secondary disabilities. Researchers now believe that at least 1 out of every 100 North Americans is struggling with some degree of brain damage caused when their mothers consumed alcohol during pregnancy.

Remember, the tragedy of FAS is 100% PREVENTABLE!

Study: Breast-Feeding Offsets Smoking Harm

© Join Together (www.jointogether.org)

If pregnant women can't be convinced to stop smoking, they should at least be counseled to breast-feed their children, which researchers say can offset some of the harm caused by maternal smoking.

The Ivanhoe Newswire reported June 16 that children whose parents smoked during pregnancy and were bottle-fed performed poorly on a series of cognitive tests conducted at age 9.

On the other hand, children whose mothers smoked but were breast-fed performed about as well as those whose mothers did not smoke.

Researchers speculated that the long-chain polyunsaturated fatty acids in breast milk promote brain development and may counteract the harmful effects of smoking on fetal development. They said that women who smoke should be encouraged to breast-feed.

The research by Dr. Laura Batstra and colleagues from the University Hospital Groningen in the Netherlands was published in the June 2003 issue of the Journal of Epidemiology and Community Health.

In the Spotlight!!!

Maegen Rose, Executive Fellow

Greetings,

This year has been one of the most exciting and challenging years of my life. Upon my graduation from Pitzer College in May 2002, I accepted an 11-month Fellowship position co-sponsored by the Center for California Studies at CSU Sacramento and the Office of the Governor. The program's mission is to expose fellows to public policy and policy-making, while preparing them for careers in public

Upcoming Trainings

ADOLESCENT ANGER MANAGEMENT

LOCATION: MERCED COUNTY ALCOHOL
AND OTHER DRUG SERVICES
2130 COOPER AVENUE
MERCED, CA 95348

DATE: JANUARY 9, 2004
Increases participants' knowledge, sensitivity, and skills in dealing with anger.

MOTIVATIONAL INTERVIEWING

LOCATION: CALAVERAS WORKS
AND HUMAN SERVICES
BUILDING
509 EAST SAINT CHARLES ST
SAN ANDREAS, CA 95249

DATE: JANUARY 15, 2004
Gives strategies of motivational interviewing, reflective listening, self-motivational statements, stages of change, conflict management.

WOMEN AND BOUNDARIES

LOCATION: MARY LIND FOUNDATION
360 WESTLAKE AVENUE
LOS ANGELES, CA 90057

DATE: JANUARY 22, 2004
Covers personal boundary awareness, self-esteem, assertiveness in speaking our boundaries, and following through on consequences to boundary violation.

DID YOU KNOW?

?? August 1-7, 2004 is World Breastfeeding Week

?? "Testing newborns can determine whether their mother drank alcohol during pregnancy." – *Toronto Globe* (Canada)

?? "Marijuana is the most widely used illegal drug among women of reproductive age. Women who smoke marijuana during pregnancy may put their child at risk for lasting mental defects." – *The Age* (Australia)

?? "Women who use cocaine during pregnancy put their children at risk for mental retardation and other developmental problems." – *Journal of the American Medical Association*

?? "Alcohol or other drug use may make women more vulnerable to rape. A 1988 survey of female college students found that 53% of rape victims had used alcohol or both alcohol and other drugs beforehand. 64% reported alcohol or other drug use by the rapist." – *National Council on Alcoholism and Drug Dependence*

?? "A National Vital Statistics Report found that, in 2000, there were 19,698 drug-induced deaths, of which 6,573 were female." – *Drug Facts, Office of National Drug Control Policy*

service. Fellows receive both academic education and experiential education via placement with a Constitutional officer, state agency, board, commission, or department.

I chose the Department of Alcohol and Drug programs because as an aspiring Social Worker, I wanted to stay in the field of human services, yet explore an aspect of the field completely new to me. Coming to ADP proved to be the right place for exposure to the complexities of government and particularly to the challenges social service departments face.

As a fellow, I worked with both the Office of Criminal Justice Planning (OCJC) and the Office of Perinatal Substance Abuse (OPSA). While working with OPSA, I took advantage of numerous opportunities to travel with staff to visit treatment facilities throughout California. With each visit, I learned how many facilities struggle with capacity issues, funding, transitioning clients back into the community, and other critical issues. However, dedication to the field remains evident and forthcoming.

My visits to facilities and interactions with staff made me realize that recovery does happen. I believe that dedicated citizens can make a difference when we strive unconditionally to improve our communities.

As my fellowship comes to a close and I move on to the next phase of my life in graduate school at the University of Chicago, I know that I will look back fondly at my time spent with ADP and find a renewed sense of commitment to social welfare.

Thank you ADP! I am truly grateful for this opportunity and for all of the staff who helped make my time here an incredible learning experience.

Farewell,

Maegen Rose
Executive Fellow 2002-2003

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